

Farm, Garden and Household.

The Most Nutritious Food.

Upon this subject a writer says: I submit the following article on food, hoping it may do a little good to the poor class in these pinching times. Oatmeal contains 65 per cent. of nutritive matter; wheat, 53 per cent.; potatoes, 28 per cent.; the best flesh meat, 25 per cent. It may be seen by the above that one pound of oatmeal contains nearly four times as much nutrition as one pound of beef. We pay for beef per pound fifteen, twenty, and twenty-five cents.

Nearly half the people of Ireland and Scotland live on oatmeal and potatoes; they do not taste flesh meat once a month. The writer of this article has not eaten flesh for a year; he finds himself better physically as well as mentally. His dinner for one day consists of one cent's worth of oatmeal meal or cracked wheat, made in the form of mush. He does not do this for economy, but for health.

I would like to say a few words before I close this article on wheat. Wheat contains the carbonates, or heat and fat producers, sixty-two per cent.; of the phosphates, the class that supplies the bones, the brain, and the nerves, and gives vital power, both mental and muscular, two and a half per cent.; of the nitrates, the class that supplies the waste of muscle, twenty-one per cent.

If wheat were eaten in its natural condition, without bolting, it would supply all the needed elements in the human body; but in the process of bolting nearly the whole of the phosphates and nitrates are removed, so that bread made of superfine flour will sustain life only a few weeks.

The best way to get good wheat meal is to buy of any miller half a bushel of whole wheat, thirty pounds. Either get the miller to grind it for you, or take it home and grind it in your coffee mills.

Why We Eat.

"Food is fuel. We require food frequently for the same reason that a fire requires coals frequently, and a lamp, oil—because we are burning away. The air that we breathe into our lungs contains oxygen, and this oxygen combines with or burns the muscles and other organs of our bodies, just as it does the coals in a fire. The heat produced in a man's body in the course of a day is considerable in quantity, though not very intense in quality. Taking the average, it is enough to raise five and a half gallons of water from freezing point to boiling point, and this is about the heat that would be given off during the burning of a pound of coals. All this heat comes from the slow wasting or burning of the substance of the body, so that it is evident that if we did not make up for this constant loss by eating food, our organs would soon be wasted away and consumed. A moment's thought will show how closely this agrees with well-known facts. Why does an animal become so thin during the slow and painful process of starvation? Because the slow fire in his body is not fed with the fuel of food."

Your speech, Professor, is no longer a riddle to us. And now we see why we feel hungry—it reminds us to put on too much. Greedy people put on too much. Once the people of a country were fighting for their freedom, and one of their cities was besieged for a long time by the enemy. After fighting very bravely for a long while, the inhabitants suffered so much from lack of food that they wished to surrender. Then the governor seized a knife and said that the city should be given up. So they persevered a little longer and saved the city.

Proper Mode of Feeding Horses.

Let me say a word or two, now, in reference to feeding the horse, as bearing upon the condition of the foot. Every owner of a horse must have observed that the growth and strength and appearance of that horse's foot is materially affected by the condition of the horse himself. If a starved horse may have a foot injured by a nutrimental over-fed horse may be footed into inflammation. And so dependent is the foot upon the healthy state of the animal economy, that for the foot alone, if nothing else, the diet of the horse should be regulated with the utmost regard to his health.

I am confident that we give our horses too much grain and too little hay—especially horses under seven years of age, who will work more endurance and courage on a good supply of hay and a moderate supply of grain—of the latter say six quarts of oats and a pint of corn daily. Older horses require and will bear more grain—but even they want more hay than is usually given. Every horse should pass over six weeks of every year without grain—the first half or last half of the winter, whichever is most convenient. And this mode of feeding can be adopted without suspending the animal's work.

I have one horse fourteen years old, which has had this regimen for four months of every year of his life (I bred him), and he is smooth, vigorous, and healthy as a colt—was never out of condition—has a sound smooth foot—was never lame—and has always been in good driving order.—Dr. Loring in Mass. Plowman.

Much Butter from Little Milk.

The recipe for making a pound of butter from a pint of milk, says the *Inter Ocean*, is as follows: Take four ounces pulverized alum, 1 ounce pulverized gum arabic, and 50 grains of pepper; place it in a bottle for use as wanted. A teaspoonful of this mixture, added to the pint of milk, will, upon churning, make a pound of butter. It is true that the butter will seem to be a near relation to pot cheese, but call it butter and that will make it so. The recipe is selling through the country for from \$1 to \$5.

A Little Heroine.

Once in a while is told some story of heroism in a child which ought to help the professional cynic to a little faith in his kind. Not long ago a young girl, lost in the woods with her little brother, protected him from the weather all through a bitter night at the cost of her own frozen limbs. Some days ago three children, a little girl of six, her brother only four, and another little boy six years old, went to a pond in Kentucky to skate. That day the ice had been cut from half the pond, and the six-year-old boy skated directly into the deep water and sank. The three small creatures were all alone there. The four-year-old tried to rescue the poor child, but failed; then the little girl, with a presence of mind a woman might be proud to own, walked to the edge of the ice, waited until the boy rose gasping, seized him and drew him out. What a glittering romance might be built upon this true story of a child's courage!

XLIII CONGRESS.

SENATE.

Mr. Negley, of Pa., presented resolutions granting pensions to soldiers of the Mexican war and their widows. The bill provides that a pension of \$3 per month shall be given to each honorably discharged soldier and the widows of such soldiers, including militia, volunteers of the military and naval service who served sixty days in the war with Mexico, and also to the surviving unmarried widows of such officers and soldiers.

Mr. Poland, of Vt., moved to suspend the rules and adopt a resolution instructing the Judiciary Committee to inquire into the legal relations existing between the Federal Government and the local Government of the District of Columbia and the exact character of their mutual obligations in regard to municipal expenses, and whether some accurately defined basis of expenditure cannot be prescribed and maintained by law.

The rule was suspended and the resolution adopted—Yeas 133, Nays 72.

Mr. Cameron, of Penn., from the Committee on Foreign Relations, reported back the bill to pay the French Spoliation claims. Placed on the calendar.

Mr. Chandler, of Del., in discussing the National bank bill moved to strike out the first ten lines of the bill which authorized the organization of national banks without circulation upon depositing with the United States Treasury.

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Boys will be Boys.

Never lose heart because your boys are a little wild. While you sadly call to mind the things they have forgotten, you are ignorant of the things they remember. It is the fashion for boys to appear indifferent to the counsels of parents. They have an idea that it is rather the manly and handsome thing to take good advice in a dogged sort of way, just as they take medicine, and of very brave thing to dare your threat. All this is written in the code of boyhood. We can't quite say with Emerson that it is the bad boy who makes the good man; and yet we have a great deal of sympathy with that overflowing spirit of youth which is sometimes a little reckless, and which frequently leads into mischief, yet even then the habits and tastes of ignorant and commonly negro nurses are fixed, in place of the impressions of a mother's careful training, and the example of a mother's devoted life. The excessive vanity of girlhood, which seems to be encouraged by the parents rather than restrained; the gratification of the palate with all manner of sweets and condiments; the entire absence of any physical exercise; and, what is more, nothing but weakness inherited, cannot assure any perfect womanhood. Foreign ladies who teach in the schools (private and select schools) have told me that school-girl life in Brazil is a most lamentable moral condition. A knowledge of French, music and dancing is all that is considered worth obtaining, and then until marriage—which doesn't come at all to many of them, or if it does comes in an arrangement of the parents, and simply changes the place of idleness—they wait, doing nothing, week, month, and year, nothing; they neither study, nor read, nor sew, they do nothing. In the forenoon, in a state of stolid *deshabille*, they dawdle and lounge around the house; in the afternoon they look out of the windows; and this is a national custom, most striking to a stranger to see them, white and black, high and low, educate and illiterate, hanging out of the windows through the afternoon; indeed, the window seats are filled with cushions that the arms may not become bruised by the continual leaning upon them. In the evening, dressed—and I really believe the taste displayed would give Madame Demostere convulsions, if not paralysis—they sit and sit, and do nothing again, sometimes they speak, and it is wonderful who their commonplaces can be uttered, and how little can be said when the Brazilian month does open. So far as female employment is concerned, a Brazilian girl labor for her support? No, indeed! She would rather have but one dress and turn it on holidays. Her father would sell his shirt first, and then but one dress, and her mother would die of mortification. Her mother would live, poor and vain, aping an aristocracy by mock attempt at show, the cheap and tawdry emptiness of what is ridiculous. The wealthier, and not less vain, are surrounded with an atmosphere of frigid hauteur, through which only members of the clique have the courage to attempt to penetrate. The Brazilian woman develops and matures young, and becomes old while still young. Her moral sensibilities become obscured by the life which she leads about her, and into which she may possibly at times get a glance through the customs of her father or her brothers."

Well, your boy is going through the same experience, and, by-and-by, he will regard it as you do now, as an utterly foolish thing, and wonder where in the world the fun was. The truth is, that all these pranks are as necessary to boyhood as the measles. They are the result of natural animal spirits, which can not be repressed than can the waters which come bubbling up out of the sand.

We remember when a very wild colt presented his heels to us in such a forcible manner that, before our surprise had vanished, we found ourselves in a little disordered heap on the other side of a five-rail fence. At the time, we thought it an unheroic thing to do, and felt exceedingly like pelting the creature with stones. But he came up to the fence with such a demure and abashed look, and put his head beneath the rail and snuffed at us in such a repentant mood, that we concluded it was part of the necessary experience of the animal, and cheerfully forgave him. Now, boys are colts. They never think of consequences. They only have the fun of the thing in view.

Don't stop praying, and praying hopefully, for your children at such times. By keeping close to the boy's heart, and trying to appreciate his side of the matter as well as your own, you will keep control of him.

A Queer Family of Lunatics.

The family of James Scott, of Clark county, Ind., is afflicted with a very strange sort of lunacy. They are Mormons, and Scott professes to be the oracle of God. His wife was taken sick late in August, and he confined her in a room, to which he refused to admit anybody but his son and daughter. The neighbors made several attempts to get in, but he always opposed them. One day a Mormon minister called and said he had received a "manifestation from God" to the effect that he should see the woman, but Scott replied, "I have a later manifestation to kick you off the premises," and kicked him accordingly. Finally, a band of men determined to unravel the mystery. They broke into the room, the father, son, and two daughters meanwhile standing by moaning and talking wildly. They found the confined woman sitting in a chair, and looking stiff and stolid as marble, her face void of expression, and she evidently quite indifferent to all that was going on. The woman, when she was first taken sick, had a notion into her head that she could never die, but would be translated as Elijah did; and, after sitting the matter, it is pretty clearly ascertained that Scott intended to keep his wife concealed until she died, and then give out to the world that she was translated. A move had been made to have the whole family examined by a lunacy commission.

Small-Pox in Iowa.

People who like to have a man when he undertakes to do a thing to do it thoroughly, may be satisfied with the recent achievements of a baker in an Iowa town. The story is thus related in a telegram from Dubuque, dated 23d inst: "The small-pox, which originated in Cascade, Iowa, twenty-six miles from Dubuque, has spread to Farley and Worthington, and seems to be getting worse every day. The disease could have been checked when the first case was discovered had the proper measures been taken, but the neglect of burying the body of the first fatal case, and at night, the corpse was followed to the grave by a large funeral procession, and six pall-bearers. The pall-bearers are now sick, as well as several who attended the funeral. One of the pall-bearers was a baker, and, after helping to put the body in the coffin and bury it, he went home, but work as usual, with results that might have been expected. He is now on the verge of the grave with small-pox, and so are nearly all of his customers. The physicians say they have vaccinated in and around Cascade no less than 800 persons since the disease broke out. There are forty cases in Cascade alone. The people do not seem to feel or know the danger they are living in, and go about town attending to business, and, at the same time, have a small-pox patient in their house. They result of such want of caution has been the cause of the disease spreading to such an extent."

The Richmond Duel.

Involuntary manslaughter is the verdict of a Richmond jury in the case of W. Page McCarty for killing John B. Mordecai in a duel last May. The trial consumed four days in the Hustings Court. The facts have been published. The present law of Virginia makes killing in a duel murder; but when the jury asked the Judge if they must bring in a verdict either of murder in the first degree or acquittal, he instructed them that they were not required to do so. Had he said otherwise, the verdict would have been, probably, acquittal, as the jury stood nine for acquittal and three for murder in the first degree. The jury fixed the prisoner's fine at five hundred dollars. The prisoner appears not to be satisfied, however, as his counsel has asked for a suspension of judgment and the verdict to be set aside.

Will Worms Never Cease?

When Dr. Walker proclaimed that he had produced from the medicinal herbs of California an Elixir that would regenerate the sinking system and cure every form of disease, not organic, the people shook their heads. Yet his *Vinegar Bitters* is now the Standard Restorative of the Western World. Under the operation of the new remedy, Dyspepsia, Constipation, Biliousness, and other ailments are relieved of every distressing symptom; the Consumptive and Rheumatic rapidly recover; Intermittent and Remittent fevers are prostrated; the hereditary taint of Scrofula is eradicated! Skepticism is routed, and this wonderful preparation is to-day the most popular Tonic, Alterative, and Blood Depurative ever advertised in America. We don't sell Rum under the guise of medicine. We advertise and sell a pure medicine which will stand analysis by any chemist in the country.—Com.

Braslian Women.

A Rio Janeiro correspondent of the Providence Journal declares that handsome women are rare in Brazil, and adds: "The face is generally very plain, and often ugly, and I really believe that because the lack of comeliness is so frequent it is not truly apprehended. The complexion is generally sallow, never clear and fresh, and by no means improved by the abundant use made of cosmetics. If any single feature deserves notice it is the eyes, and yet these do not possess that quality which makes even the plainest eyes brilliant; there is no soul looking at you or speaking to you through them. Childhood seems to cover the whole period of physical beauty, and some of the children are most interesting, yet even then the habits and tastes of ignorant and commonly negro nurses are fixed, in place of the impressions of a mother's careful training, and the example of a mother's devoted life. The excessive vanity of girlhood, which seems to be encouraged by the parents rather than restrained; the gratification of the palate with all manner of sweets and condiments; the entire absence of any physical exercise; and, what is more, nothing but weakness inherited, cannot assure any perfect womanhood. Foreign ladies who teach in the schools (private and select schools) have told me that school-girl life in Brazil is a most lamentable moral condition. A knowledge of French, music and dancing is all that is considered worth obtaining, and then until marriage—which doesn't come at all to many of them, or if it does comes in an arrangement of the parents, and simply changes the place of idleness—they wait, doing nothing, week, month, and year, nothing; they neither study, nor read, nor sew, they do nothing. In the forenoon, in a state of stolid *deshabille*, they dawdle and lounge around the house; in the afternoon they look out of the windows; and this is a national custom, most striking to a stranger to see them, white and black, high and low, educate and illiterate, hanging out of the windows through the afternoon; indeed, the window seats are filled with cushions that the arms may not become bruised by the continual leaning upon them. In the evening, dressed—and I really believe the taste displayed would give Madame Demostere convulsions, if not paralysis—they sit and sit, and do nothing again, sometimes they speak, and it is wonderful who their commonplaces can be uttered, and how little can be said when the Brazilian month does open. So far as female employment is concerned, a Brazilian girl labor for her support? No, indeed! She would rather have but one dress and turn it on holidays. Her father would sell his shirt first, and then but one dress, and her mother would die of mortification. Her mother would live, poor and vain, aping an aristocracy by mock attempt at show, the cheap and tawdry emptiness of what is ridiculous. The wealthier, and not less vain, are surrounded with an atmosphere of frigid hauteur, through which only members of the clique have the courage to attempt to penetrate. The Brazilian woman develops and matures young, and becomes old while still young. Her moral sensibilities become obscured by the life which she leads about her, and into which she may possibly at times get a glance through the customs of her father or her brothers."

There can be no necessity, at this late date, for the press to speak in commendatory terms of this remarkable medicine, in order to promote its sale, for it is a medicine that is known and appreciated by the whole world through. For various diseases, such as rheumatism, cholera, cholera morbus, burns, sprains, bruises, and so on to the end of the catalogue, we are convinced that there is no remedy before the people equal to Dr. Walker's *Vinegar Bitters*. We know that thousands upon thousands entertain the same belief. Certainly, we cannot refer to the history of any medicine which equals that of the *Pain-Killer*. It was introduced in 1840, and from that time to this its sale, both at home and abroad, has constantly and rapidly increased, and we rejoice at the high reputation it has achieved, because this reputation shows that it has been the means of relieving a vast amount of human suffering.—Com.

There are more than one thousand different kinds of pills in the United States. Some of them are worthless and injurious, others are good and beneficial. Old Dr. Parson's *Purifying Pills* are the only ones we have ever seen or heard of. They are now sold under the name of *Parson's Purifying Pills*.—Com.

There are probably a hundred or more people in this and neighboring towns who daily suffer from the distressing effects of kidney troubles, who do not know that *Johnson's Anodyne Liniment* is almost a certain cure in every case. Great relief may be obtained, if not a certain cure.—Com.

WISTAR'S BALM FOR THE HEADS.—Com.

Lungs convulsed continually by a hard cough will inevitably become pustulous, unless they are cooled, moistened and purified with *HALL'S HONEY OF HOREHOUND* AND *PLIK'S Toothache Drops* cure in one minute.—Com.

CRISTADORO'S EXCELLENT HAIR DYE stands unrivaled and alone. Its merits have been so universally acknowledged that it would be a superfluous waste of time to mention any further—nothing can beat it.—Com.

FLAGG'S INSTANT RELIEF has stood twenty years' test. It is warranted to give immediate relief to all Rheumatism, Neuralgia, Headache, Earache, and toothache, or money refunded.—Com.

Best and Oldest Family Medicine.—*Sinford's Liver Regulator*—a purely Vegetable Cathartic and Food—cures Biliousness, Constipation, Headache, Bilious Attacks, and all derangements of the Liver and Bowels. Ask your Druggist for it. *Remedy of Invalids.*

CHILDREN OFTEN LOSE PALE AND SICK from no other cause than having worms in the stomach.

BROWN'S VERMIFUGE COMBIS will destroy Worms without injury to the child, being perfectly WHITE, and free from all coloring or other injurious ingredients usually used in worm preparations.

CURTIS & BROWN, Proprietors, No. 23 Fulton Street, New York. Sold by Druggists and Chemists, and dealers in Medicines at TWENTY-FIVE CENTS A BOX.

THIRTY YEARS' EXPERIENCE OF AN OLD NURSE.

MRS. WINGWOLD'S SOOTHING SYRUP IS THE PRESCRIPTION OF one of the best Female Physicians and Nurses in the United States, and has been used for thirty years with never failing success and success by mothers and children, from the feeblest infant to the feeblest adult. It corrects acidity of the stomach, relieves colic, regulates the bowels, and gives rest, health, and comfort to mother and child. We believe it to be the best and most useful Syrup in the world. The genuine is signed "J. Wingwold" on the wrapper. Beware of cheap imitations. Full directions for using will accompany each bottle. None genuine unless the facsimile of CURTIS & BROWN is on the outside wrapper.

SEND FOR ALL MEDICINE DEALERS.

"NOTHING BUTTER." Cullen Bros., Boston. Dr. John Ware, celebrated VETERINARY PULMONARY BALM, for Colds and Consumption.

HOUSEHOLD Why will you suffer? To all persons suffering from Rheumatism, Neuralgia, Cramps in the limbs or stomach, Bilious Colic, Pain in the back, bowels or side, we would say THE HOUSEHOLD PANACEA AND FAMILY LINIMENT is all others the remedy you want for internal and external use. It has cured the above complaints in thousands of cases. There is no mistake about it. Try it. Sold by all druggists.

SEEDS THE FLOWER GARDEN.

A QUARTERLY MAGAZINE OF FLORAL PROGRESS, Published by Beach, Son & Co., 75 N. 3rd St., New York, N. Y.

Devoted to all that is new and interesting in the world of flowers, and containing much valuable information for gardeners and florists. TERMS—ONE DOLLAR A YEAR. Each Subscriber entitled to One Dollar of his own selection.

Send 10 cents for Specimen Number.

Wood's Household Magazine.

THE BEST DOLLAR MONTHLY.

\$5 to \$15 a day may be canvassed for this Magazine.

The Yosemite Valley, 14,280 inches, in 17 Colors.

Magazine, one year, with Mounted Chromo, \$2.00; Magazine, one year, with Mounted Chromo, 1.50; Magazine, one year, with Mounted Chromo, 1.00.

ANY send us an address of a young person who would accept of a different post-office, who they think would send us a check for a beautiful Young Man, who would send us a check for a beautiful Young Man, who would send us a check for a beautiful Young Man.

AGENTS WANTED.—Something entirely new. Address FULLER PATENT LAMP CO., 100 Franklin Street, Boston, Mass.

THE GOLDEN EGG

For Agents, Large Income Guaranteed. Enclose stamp for circular. N. A. Allen, 113 Chambers St., N. Y.

100 Agents Wanted for the sale of the Golden Egg. For Agents, Large Income Guaranteed. Enclose stamp for circular. N. A. Allen, 113 Chambers St., N. Y.

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Treating the Wrong Disease.

Many times Women call upon their family physicians, and are disappointed, and with palpitation of the heart, and other symptoms of the brain, and with pain here and there, and in this way they all present alike to themselves and doctors, and to the public, a picture of disease, and in reality, they are all suffering from the same disease, and while they are thus only able perhaps to palliate for a time, they are ignorant of the cause, and consequently their practice leaves them no better in the end, but probably worse for the delay, treatment, and other complications made, and which a proper medicine directed to the cause would have entirely removed, thereby instituting health and comfort instead of prolonged misery.

From Mrs. LINDA E. BR. CLARK, Shade, Athens Co., O., Oct. 14th, 1872.

"Dr. R. V. Pierce, Buffalo, N. Y.—Your Favorite Prescription is working almost like a miracle on me. I am feeling already like I have been free for over two years."

From Mrs. JOHN K. HAMILTON, Odell, Ill., March 19, 1872.

"Dr. Pierce's Favorite Prescription has done good work, which I am very thankful for."

"Pain-Killer."

There can be no necessity, at this late date, for the press to speak in commendatory terms of this remarkable medicine, in order to promote its sale, for it is a medicine that is known and appreciated by the whole world through. For various diseases, such as rheumatism, cholera, cholera morbus, burns, sprains, bruises, and so on to the end of the catalogue, we are convinced that there is no remedy before the people equal to Dr. Walker's *Vinegar Bitters*. We know that thousands upon thousands entertain the same belief. Certainly, we cannot refer to the history of any medicine which equals that of the *Pain-Killer*. It was introduced in 1840, and from that time to this its sale, both at home and abroad, has constantly and rapidly increased, and we rejoice at the high reputation it has achieved, because this reputation shows that it has been the means of relieving a vast amount of human suffering.—Com.

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Lungs convulsed continually by a hard cough will inevitably become pustulous, unless they are cooled, moistened and purified with *HALL'S HONEY OF HOREHOUND* AND *PLIK'S Toothache Drops* cure in one minute.—Com.

CRISTADORO'S EXCELLENT HAIR DYE stands unrivaled and alone. Its merits have been so universally acknowledged that it would be a superfluous waste of time to mention any further—nothing can beat it.—Com.

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